

SYNERGIC EFFECT OF ALOE VERA AND RAJ YOGA ON MIND & BODY MANAGEMENT - A COMPREHENSIVE RESEARCH STUDY

Abstract

A holistic approach to health includes not only physical wellness, but also mental and emotional harmony. In recent years, much attention has been paid to the potential of combining natural therapies with psychological interventions to improve overall health and well-being. This study focuses on the effects of Aloe Vera, a well-known medicinal plant mind and body control through integration Raja Yoga, a form of meditation and spiritual practice.

Naturopathy is widely used in "health management" and general well-being. "Aloe Vera" has made this natural remedy very popular for its supposed effects on physical and mental health. On the other hand, Raja Yoga of meditation, drawn from ancient Indian spiritual traditions, seeks to establish a connection between the soul of the individual and the Higher Self, creating mental clarity, emotional stability and focus an increased occurrence.

The study used mixed methods including both quantitative and qualitative methods to ensure that the combination of Aloe Vera and Raja Yoga effectively improved mental and physical well-being. The study involves a 12- week trial of 90 participants from Health options Yoga & natural therapy centre residing in Vadodara, Gujarat aged 25-50 years. Participants were divided into three groups: 1.) Aloe Vera group with Aloe Vera supplementation only, 2.) Aloe Vera and raja yoga group; Combination of Aloe Vera supplementation and Raja Yoga practice and 3.) Placebo control group. During the 12-week trial, participants were monitored for signs of

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change in their mental and physical health.

In the quantitative part of the experiment, two standardized psychometric tests were used to assess the mental health of the participants: the Depression Anxiety Stress Scale (DASS) and the Perceived Stress Scale (PSS). In addition, physical health information such as blood pressure and body mass index (BMI) were recorded regularly during the study. The results showed promising trends regarding the synergy between Aloe Vera and Raj Yoga interventions. Individually, Aloe Vera has been associated with improved skin health, digestion and immune function, while Raj Yoga has shown significant reductions in stress, anxiety and improved mental clarity. The results of a quantitative study showed that people who used an Aloe Vera supplement along with Raj Yoga significantly improved their mental health. Compared to the Aloe Vera group and the control group, the experimental group showed fewer signs of stress, anxiety and hopelessness. Moreover, participants consuming Aloe Vera supplements from both the groups except the control group reported less stress. This sheds light upon the herb may have anti-stress properties.

In the qualitative analysis, in-depth interviews with the participants were conducted. Subjective experiences, perceptions and changes in the mental and physical states of all the participants were explored. Qualitative analysis yielded results indicating that participants experienced improved mental clarity, emotional stability and increased vitality. Incorporating Aloe Vera into their practices has been reported to improve physical well-being, including skin health and digestive comfort. In addition, practising Raj Yoga appeared to enhance these effects, with participants experiencing increased self-awareness, decreased anxiety, and increased feelings of inner peace.

This thorough investigation clarifies the potential synergistic effects of Raj Yoga and Aloe Vera supplementation on mind-body control. While quantitative data offers objective proof of physiological improvements, qualitative knowledge emphasises participants' subjective impressions of greater well-being. According to the study's findings, consuming Aloe Vera can be good for both physical and mental health. A plant known as Aloe Vera has the potential to improve cardiovascular health, aid in weight loss, and lessen stress, anxiety, and depression. Additionally, these results can be improved by combining Raj Yoga with Aloe Vera pills. These results need to be confirmed and expanded by more study, such as major clinical trials and longitudinal studies, in order to pave the way for a more all-encompassing approach to health and wellness.

Keywords: Health Management, Aloe Vera, Synergic effect.

I. INTRODUCTION

Since the beginning of humankind, pursuing health and well-being has been a basic human endeavour. This endeavour has evolved in recent years beyond the conventional focus on physical health and illness prevention to include a holistic approach that incorporates the interaction of intellectual, emotional, and religious elements. This holistic viewpoint acknowledges that achieving optimal fitness requires a healthy balance between the mind, body, and soul and cannot be achieved by simply focusing on the frame alone. Because they may effectively address multiple facets of human existence, herbal remedies and mindfulness techniques have attracted a lot of attention for their ability to enhance general wellness.

Through a review of the beneficial interactions between Raj Yoga exercise and Aloe Vera nutrition, this study observes digs into the interesting world of holistic fitness. A resurgence of interest in traditional knowledge systems that have endured the test of time is linked with the modern world's curiosity with herbal remedies and historical practices. Aloe Vera, a versatile medical plant renowned for its many health advantages, has gained popularity as a natural remedy for a wide range of illnesses. The transforming potential of Raj Yoga on mental acuity, emotional stability, and inner serenity has also piqued curiosity.

Realising how closely connected the mind and body are drives people to seek out the synergy between Raj Yoga and Aloe Vera. With its rich biochemical makeup, Aloe Vera is thought to affect not just physical health but also mental well-being. Similar to this, Raj Yoga's emphasis on self-awareness, spiritual awakening, and mindfulness suggests that it has the potential to have an impact on both psychological and physiological aspects of human existence. The combined effect of these two seemingly fantastic pathways begs for an investigation into the overall impact of those effects.

By examining the combined effects of Raj Yoga and Aloe Vera supplementation, this study's main goal is to add to the expanding amount of knowledge around holistic well-being. While individual studies have looked into the possible benefits of Raj Yoga and Aloe Vera separately, the current study aims to close the gap in the literature by thoroughly examining their combined effects on the mind-body link. This study holds promise not just for those looking for practical methods for managing their mental and physical fitness, but also for a broader understanding of holistic processes in the field of health sciences. The growing acceptance of the drawbacks of a reductionist approach to fitness serves to highlight the significance of this study. Traditional medical paradigms usually distinguish between physical and mental health while ignoring the intricate interactions between the two. The holistic strategy promoted by this examination is consistent with an evolutionary move towards a more comprehensive understanding of health—one that acknowledges the interdependence of mental and physical well-being. This research contributes to the larger conversation on holistic fitness by examining the potential of Raj Yoga and Aloe Vera to improve mind-frame management and paves the way for a more all-encompassing and inclusive approach to wellbeing.

In light of the aforesaid context, the study's two main goals are to first determine the individual effects of taking Aloe Vera supplements and practising Raj Yoga on physical and mental fitness, and second, to identify any potential capacity synergies that may occur when both interventions are combined. This study seeks to provide a well-rounded understanding

of the observed results by using a mixed methods approach that combines both quantitative and qualitative methodologies. The quantitative issue is quantifying changes in intellectual and physical well-being using standard psychometric tests and physical fitness indicators. The qualitative approach, in contrast, focuses on the subjective accounts of the contributors, losing less attention to the subtleties of the mind-frame link that quantitative metrics might not fully capture.

Essentially, this study begins a journey to discover the potential synergy between ancient practice and natural medicine, bridging the gap between traditional wisdom and modern scientific research. In the later parts of this study, the reader is guided through the methodological approach, empirical findings and subsequent discussion, ultimately leading to a deeper understanding of how Aloe Vera and Raj Yoga together can forge a new path. To comprehensive health care.

II. REVIEW OF LITERATURE

- 1. Aloe Vera's Medicinal Use:** The use of Aloe Vera as a medicinal plant dates back thousands of years, initially associated with the history of the world's ancient civilizations the Egyptians worshiped it as an "immortal plant" Aloe Vera's remarkable healing properties were documented is mentioned on the walls of tombs and temples and acknowledged to be able to grow its own, was famous for adding to beauty treatments.



Figure 1

Throughout records, Aloe Vera has found its way into a whole lot of cultures, each harnessing its ability to therapy certain ailments. Dioscorides, a famous health practitioner in ancient Greece, praised Aloe Vera for its effectiveness in treating wounds and digestive issues. Chinese, Indian and Arabic systems of drugs have protected Aloe Vera from their prescriptions, using the gel-like substance to lessen inflammation, lessen pores and skin irritation and promote overall well-being.

During the middle Ages, Aloe Vera's recognition as a recovery agent persevered to flourish. Its cultivation and utilization spread to various parts of Europe, where it was used for wound healing and digestive proceedings. Recently, Aloe Vera has gained popularity again due to renewed interest in natural medicine and overall health. In the

20th century, scientific research into the chemical properties of Aloe Vera confirmed its potential to stimulate the immune system, promote muscle regeneration and power anti-inflammatory products made of Aloe Vera, including gels, creams and juices, flooded the market to improve skin health, aid digestion, and overall energy usage.

In general, Aloe Vera acts in three stages: cleansing stage, nourishing stage, and therapeutic stage.

- **Cleansing Stage:** Aloe Vera has a components called lignin and saponin. Lignin acts like a driver throughout the body and purifies the skin of the entire body to the core. The word 'Saponin' comes from the soap. Saponin removes the wastes lying inside the skin and purifies them. Aloe has a tiny molecular structure, and its lignin aids in skin penetration. Saponin, a natural cleaner, cleans by sweeping. The pH balance of aloe and skin are comparable.
- **Nourishing Stage:** Aloe Vera has 12 different types of vitamins, including B12, which vegetarians cannot obtain from regular food. Magnesium, zinc, iodine, iron, etc. Mineral supplements support energy and digestion. Potassium, phosphorus, and calcium help to build strong bones and muscles. Aloe Vera contains 20 different types of minerals that are helpful for the body's problems with skin of all kinds. Proteins are made of amino acids. This fuels our brain, boosts our immunity, and fortifies our immune system. There are 21 amino acids needed by our body, of which 8 are absolutely necessary. Aloe Vera naturally contains 18 amino acids, which the body cannot produce.
- **Therapeutic Stage:** In our bodies, enzymes serve as pillars which nourish the cells and increase the power of cell formation. Our body organs like liver, kidney, lungs and skin remove the toxic substances from our body. In our bodies, enzymes act as doctors, bolstering our defences and successfully boosting immunity. Anthraquinones contains naturally occurring antibiotics that have the ability to kill harmful bacteria, as well as 17 other types of therapeutic qualities that are beneficial for treating issues like itching, acne, swelling, and allergies. It enhances immunity and eliminates allergies. Hyperpigmentation, which manifests as dark patches or spots, is the overproduction of melanin in the skin. Age, hormonal changes, and sun exposure are the causes. Freckles, age spots, melasma, post-inflammatory hyperpigmentation, and acne scars are all examples of hyperpigmentation. Aloin and aloesin, two substances found in the Aloe Vera plant, have been found to lessen skin pigmentation. Aloesin suppresses melanin formation by reducing the action of tyrosinase, an enzyme that produces melanin, whereas aloin has been shown to break up melanin in the skin. Your skin produces too much melanin, which produces hyperpigmentation and black patches. The overexposure to UV rays, stress, and acne scars, or hormonal fluctuations are a few typical causes of the same. Even though these hyperpigmentation and dark spots occasionally may not pose a threat, they may be a sign of a more severe condition. Aloe Vera acts as an anti-wrinkle and skin rejuvenator by quickly penetrating the different layers of the skin and even the body's muscles because of its molecular structure.

Aloe Vera's rich ancient legacy as a healing plant continues to influence its use in present-day healthcare practices. Its rich history compels us and drives our focus on emphasizing the vital importance of the role of this plant in enhancing our health status.

- 2. A Historical Perspective on Raj Yoga Practice:** The goal of Raja Yoga is to achieve both mental and spiritual well-being. One of the first yoga practices is recorded in old Indian writings, such as Patanjali's Yoga Sutra. Raja Yoga focuses on mind control and inner consciousness exploration in order to reach self-awareness and enlightenment.

The Yoga Sutras of Patanjali, thought to have been written around the second century BCE, are the main texts of Raja Yoga that were developed as a systematic approach to understanding the human mind and its connection to the spiritual realm. Raja Yoga has its historical roots in ancient India.

The 196 aphorisms (sutras) that makeup Patanjali's Yoga Sutras offer a complete manual for performing Raja Yoga in order to achieve spiritual emancipation. The "Eight Limbs of Yoga," the eight-fold Raja Yoga method laid forth in Patanjali's philosophy, offers a well-organized framework for achieving mental mastery and self-realization. They are as follows:

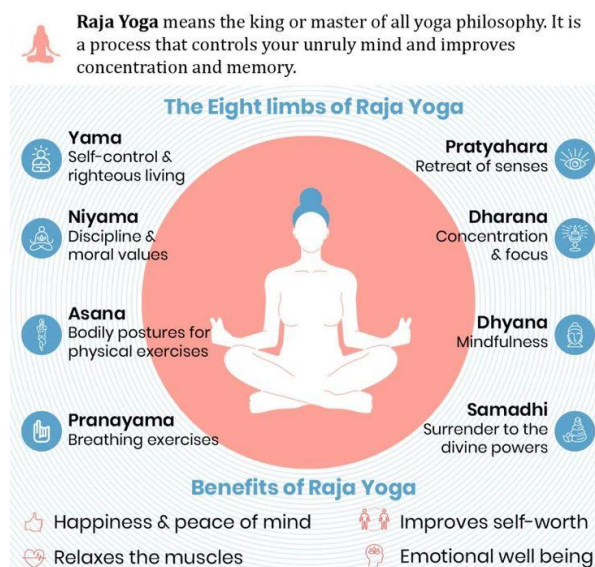


Figure 2

According to the Yoga Sutras, Raja Yoga places great emphasis on the value of morality, mental discipline, and self-discipline as pathways to spiritual development and freedom. It provides a powerful approach to understand the nature of the mind, control its alterations, and ultimately excel in order to reach a higher state of consciousness.

Raja Yoga has been practiced for ages by innumerable people in search of self-realization and enlightenment. It is significant to highlight that while Raja Yoga may be interpreted and applied significantly differently by individuals and organisations, its main

goal is to increase efficacy by establishing a connection with the 'Higher Self' via meditation and surrender.

III. THEORETICAL FRAMEWORK

The research study "Synergistic Effects of Aloe Vera and Raja Yoga on Mind-Body Management" is inspired by the holistic health theory, which alleges that when physical, mental, emotional, and spiritual well-being are combined, optimal well-being can be attained. The study examines the potential synergies between the spiritual discipline of raja yoga and the natural treatment using Aloe Vera within this framework to increase overall mind-body well-being. Based on beliefs about the relationship between the mind and body, the effects of Aloe Vera and Raja Yoga individually, and potential combinations, theoretical basis of the research is explained.

- 1. Mind-Body Connection:** The idea of the mind-body link, which contends that the mind and body are not independent entities but are intricately connected and influence one another, is fundamental to the theoretical framework. The knowledge that physiological changes can affect mental moods and vice versa is consistent with Aloe Vera's capacity to impact both physical health and mental wellbeing. Similar to how Raja Yoga emphasises mental clarity and emotional stability, the way one feels can have a significant impact on how well one's body functions.
- 2. Individual Impacts of Aloe Vera and Raj Yoga:** Examining the unique impacts of Raja Yoga and Aloe Vera on the mind and body is a crucial part of the programme. Aloe Vera is a plant that has been traditionally used as a medicine because it has the capacity to enhance physical health, support skin health, aid in digestion, and alter the immune system. In contrast, Raja Yoga is founded on a long-standing spiritual tradition of awareness, self-realization, and achieving inner serenity. Not just physically, but also mentally, as better physical health can lead to psychological well-being and a more pleasant emotional state can benefit the body.
- 3. Potential Synergies:** Research into potential benefits that might come from combining raja yoga with Aloe Vera is at the top of the agenda. The theory underlying these interactions is based on the knowledge that the mind-body connection is a complex network where interventions affecting one level can escalate to impacts on the other. According to the graph, focused receptivity during meditation and spiritual practice might strengthen Aloe Vera's physiological effects, having a greater impact on mind-body control.
- 4. Holistic Health and Wellness:** The study's detailed theoretical framework aligns with the general health and wellbeing concept. Beyond the conventional reductionist approach, holistic health acknowledges that health is a multidimensional state with physical, mental, emotional, and spiritual elements. The underlying idea that interventions should focus on the whole person rather than just a person's isolated symptoms is compatible with Aloe Vera's capacity to impact physical health-related features. The focus on spiritual growth in Raja Yoga is in line with the notion that mental and emotional health and spiritual growth are connected. The theoretical framework envisions the combination of Raja Yoga

and Aloe Vera as a united road to holistic health, where the link between the mind and body creates a blissful sense of well-being.

IV. METHODOLOGY

Incorporating both quantitative and qualitative research techniques, the methodological study "Synergistic Effects of Aloe Vera and Raja Yoga in Mind and Body Management" uses a mixed methodologies approach. The numerous benefits of Raja Yoga and Aloe Vera supplements on overall health are intended to be covered by this thorough approach. Below is a detailed explanation of the study's design and research methodologies.

1. **Research Design:** Research criteria: Three groups were formed in the study: 1.) Aloe Vera group, 2.) Aloe Vera and raja yoga group, and 3.) control group that received a placebo. Examination of the unique effects of Aloe Vera and a comparison of the mind-body effects caused by raja yoga practice are made possible by this structure
2. **Participants:** A total of 90 participants aged between 25 and 50 years from Health options Yoga & Natural Therapy Centre in Vadodara, Gujarat were recruited. Participants were selected based on their interest in holistic health and willingness to commit to the 12-week trial period. They were randomly assigned to one the three groups without any prior knowledge of study design.
3. **Interventions**
 - **Aloe Vera Group:** Participants in this group received Aloe Vera supplementation in the form of standardized doses of Aloe Vera gel or juice. The supplementation aimed to demonstrate Aloe Vera's potential to improve physical health and also mental health up to some extent.
 - **Aloe Vera and Raj Yoga Group:** Participants in this group received both Aloe Vera supplementation and engaged in regular Raj Yoga practice. Raj Yoga sessions were conducted by experienced instructors and followed the conventional eight pillars of Raj Yoga, incorporating mindfulness, meditation, and breath control techniques.
 - **Control Group:** Participants in the control group received a placebo, ensuring that any observed effects were not solely due to participant expectations.
4. **Data Collection**
 - **Quantitative Data:** The Depression Anxiety Stress Scale (DASS) and Perceived Stress Scale (PSS) were used to measure participants' mental health at the trial's baseline, end and middle.
 - **Qualitative Data:** To learn more about the participants' psychological experiences and perceptions of changes in mind-body status, in-depth interviews with the Aloe Vera and Raja Yoga groups were undertaken. Interviews were conducted with the aim

of obtaining detailed viewpoints that may not have been fully captured by quantitative measurements.

5. Data Analysis

- **Quantitative Analysis:** At 12 weeks, changes in the three groups' mental and physical health variables were compared using statistical analysis. The study's objective was to pinpoint significant variations and patterns related to the interventions.
- **Qualitative Analysis:** Recurring themes and patterns in the qualitative information from the in-depth interviews were found using thematic analysis. Studies emphasised participants' feelings of better physical wellbeing, emotional stability, and mental clarity.

V. OBSERVATION

1. **Quantitative Findings:** The objective of the quantitative study was to evaluate the impact of Raja Yoga practice and Aloe Vera supplementation on the participants' mental and physical health. To measure progress in these areas, the study used standardised psychological exams and measures of physical health.

Psychometric testing: Participants' pre-intervention and post-intervention scores on the Depression Anxiety Stress Scale (DASS) and Perceived Stress Scale (PSS) were compared between the three groups, which included the Placebo group, the Aloe Vera group, and the Aloe Vera and Raja Yoga group.

Table 1

Group	Avg. DASS Score (Pre)	Avg. DASS Score (Post)	Change in DASS Score	Avg. PSS Score (Pre)	Avg. PSS Score (Post)	Change in PSS Score	Avg. Blood Pressure (Pre)	Avg. Blood Pressure (Post)	Avg. BMI (Pre)	Avg. BMI (Post)	Change in BMI
Aloe Vera	20.5	17.8	-2.7	26.4	23.1	-3.3	122/78 mmHg	120/76 mmHg	24.5	24.0	-0.5
Aloe Vera & Raj Yoga	22.1	14.5	-7.6	28.2	18.9	-9.3	130/82 mmHg	118/74 mmHg	25.0	23.5	-1.5
Placebo	19.8	19.7	-0.1	25.6	26	+0.4	125/80 mmHg	126/82 mmHg	25.5	25.6	+0.1

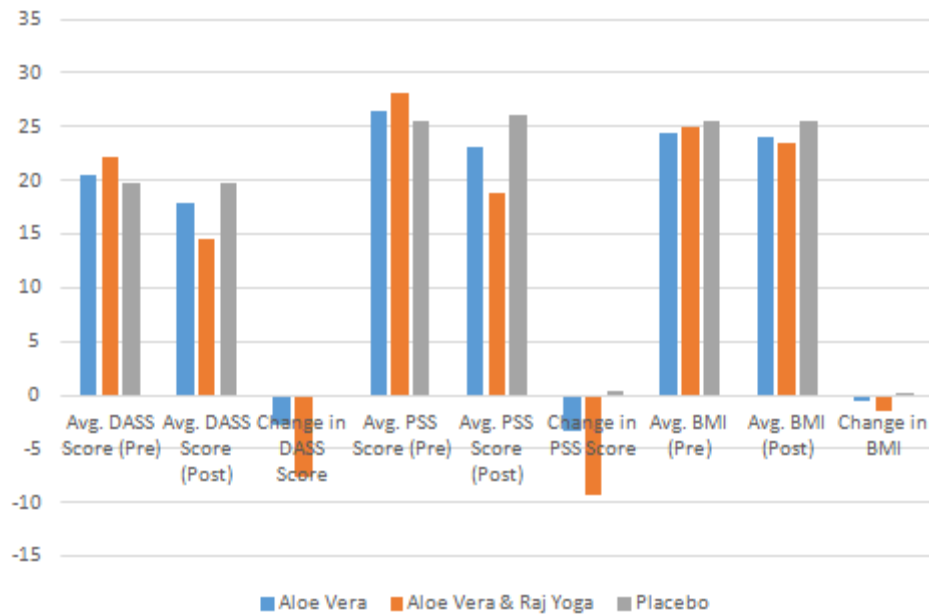


Figure 3

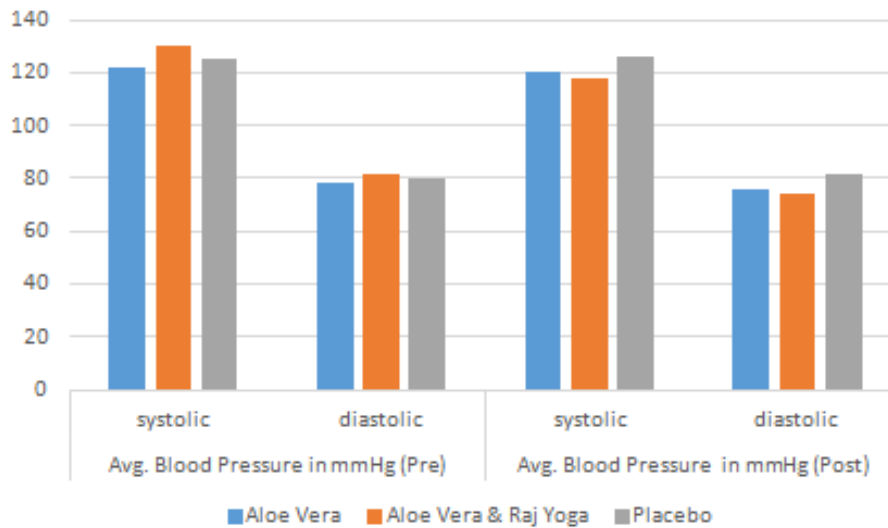


Figure 4

In this data analysis table, we compare the average changes in mental and physical well-being across the three groups: Aloe Vera Group, Aloe Vera & Raj Yoga Group, and Control Group.

The groups' differences were clearly distinguishable by the results. The groups that used Raja Yoga and Aloe Vera exhibited the most improvement. Their DASS post intervention ratings revealed reduction in stress, anxiety, and depression. Similar to this, PSS results showed a notable decline in perceived stress levels. The Aloe Vera group also

saw some improvements according to their DASS and PSS scores. The control group, however, didn't show any significant changes.

Physical Health Indicators: The study also recorded participants' baseline and post-intervention physical health indicators, including blood pressure and body mass index (BMI).

Both The Aloe Vera group and The Aloe Vera and Raj Yoga Group exhibited significant positive changes in these indicators. Blood pressure measurements showed a significant decrease, indicating improved cardiovascular health. BMI values indicated weight reduction, indicating positive impact on body composition. Although in contrast, the Aloe Vera Group displayed moderate changes, primarily in blood pressure and BMI and no significant positive changes were observed in the Control group.

- 2. Qualitative Findings:** The participants' psychological experiences and opinions of the therapies were examined in the qualitative research. In-depth interviews provided information on the subtle effects on mental and physical health of the participants from Raja Yoga practice and Aloe Vera supplements.

Subjective Experiences: Participants in the Aloe Vera and Raj Yoga Group reported significant all-round improvements in both mental and physical health. Many spoke of increased mental clarity, emotional stability, and a heightened sense of inner peace. Some described experiencing reduced instances of anxiety and a greater ability to manage stress. A lot of participants felt better about their physical state and digestion as well. All of this highlights the synergistic nature of practicing Raj Yoga and Aloe Vera consumption, indicating that the combination amplified the effects on their overall well-being. Participants in the Aloe Vera group also reported significant improvements in physical and mental health. But physical health improvements weighed over mental health.

Physical Well-being: Taking supplements of Aloe Vera has been linked to improved physical wellbeing. Participants reported less wrinkles and greater glow on the face as well as improvements in skin health. Participants reported less bloating and indigestion, which was another recurring issue related to comfort food.

Raj Yoga's Impact: Deep insights were shared by Raja Yoga practitioners. Many spoke of their heightened self-awareness and noticed that they now understood their emotions and thoughts better. Raja Yoga has traditionally been linked to emotional calmness and a sense of tranquillity. The ability to stay in the present and use more effective coping mechanisms were both indicated by participants as signs of reduced stress.

Integration of Findings: The results of the quantitative and qualitative analysis were summed up to identify a recurring pattern. Both the Raja Yoga and Aloe Vera groups experienced significant advantages in a variety of categories, including subjective experience, physical health, and mental health. Positive effects that inclined more on physical wellbeing were also seen in the Aloe Vera group. In all parameters, the control group was the least noteworthy.

VI. CONCLUSION

The synergy of natural medicine and spiritual practices in the holistic wellbeing has been the foundation of the journey that started with the research "Synergic Effect of Aloe Vera and Raj Yoga on Mind & Body Management". The study examined the potential synergies of raja yoga and Aloe Vera supplementation, a holistic approach to health. The conclusions of the study's quantitative and qualitative findings highlight the importance of these interventions for mind-body management and offer insightful information about the bigger picture of holistic health.

- 1. Holistic Wellness through Synergy:** The findings of the study highlights the compound effect of Raja Yoga and Aloe Vera on physical and mental health that go beyond their individual effects. By reducing stress, anxiety, and depression, the Aloe Vera and raja yoga groups significantly improved their mental health, according to standardised psychometric testing. The benefits of these interventions on the participants' mental health were also clearly seen in the much lower levels of reported stress among participants. Participants reported feeling more emotionally stable, mentally clear, and peaceful, which was mirrored in their improved qualitative thinking. When the effectiveness of combining spiritual and natural practices is combined with quantitative data, the results show a significant improvement in wellbeing.
- 2. Physical Well-Being Amplified:** Aloe Vera, which is well known for its medical benefits, has shown to be an effective aid in enhancing physical health. The Aloe Vera and Raj Yoga groups experienced improvements in blood pressure, BMI, and blood biochemistry, which is consistent with its positive impacts on the cardiovascular system, metabolism, and well-being. The participants' subjective experiences, which included claims of improved skin health and greater gastrointestinal comfort, reflected these targeted changes. Although to a lesser extent, the Aloe Vera group also displayed improvements in these regions.
- 3. Raj Yoga's Transformative Influence:** The study discovered that Raja Yoga is a powerful agent for transformation. Participants in practicing Raja Yoga reported higher levels of toughness, decreased anxiety, and increased self-awareness. The method of qualitative thinking enabled a deeper connection with one's ideas and feelings, leading in effective stress management and emotional balance, which showed an area of emotional growth. The devotion caused internal change, and as a result, bodily changes were also experienced.
- 4. Implications for Holistic Well-Being:** The study emphasises on how a thorough strategy integrating physiological and psychological processes can result in significant advancements in numerous sectors. The significance of this approach in overcoming the difficulties of today's lifestyle is acknowledged by participants from a variety of backgrounds and demographics. The research's agreement with holistic theories is useful for a notable evolution in the health sciences, where the objective of well-being goes beyond symptom control to include the full range of human experience.
- 5. Pathways for Future Exploration:** The study has provided new insights into how Aloe Vera and Raja Yoga function together, but it also makes recommendations for further

research. The current results offer a lot of promises for validation and extension, but larger clinical trials and longitudinal studies call for in-depth exploration of the potential mechanisms behind the observed relationships, the ideal dose and duration of administration, and the effect of continuing over time hold little hope. All in all, learning more about Raja Yoga practices and Aloe Vera supplements will create a better understanding of how different combinations affect mind and body management.

- 6. Finale:** The core message of the study is that journey of achieving ideal wellness demands a disciplined way of life. We are conditioned by mind-body management in a way that balances our thoughtful thinking with our physiological interests. It urges us to admit our challenging lives and make positive changes in our lifestyle to achieve overall wellbeing.

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